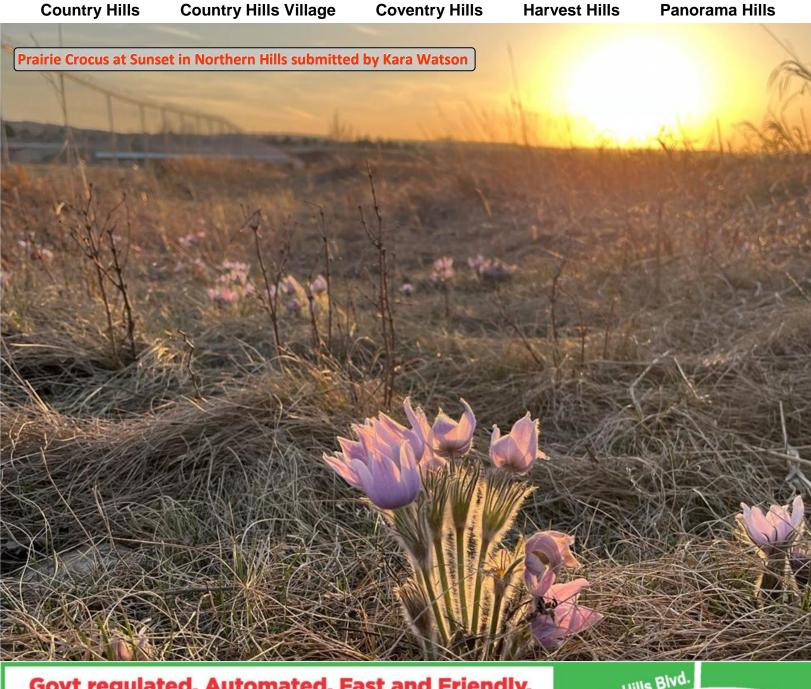


## NORTHERN HILLS NEWS

June **2023** Issue



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  - Sedation Dentistry
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Dr. Bijaan Lalani



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### **President's Message**



Amanda Mauch
President
Northern Hills
Community Association

Welcome to summer, Northern Hills! June is a busy and exciting month – the grass is getting greener, the birds and insects are getting busier, and we're all preparing for the end of another school year and the start of summer holiday season. For us here at the NHCA, June is typically the start of our busy event season, with outdoor activities and get togethers taking place all over our community. The next opportunity to come out and see us is at Neighbour Day, June 17, being held at Vivo.

Just this week we held our AGM and said farewell to several long-term board members. We wish Ian McAnerin, Tamara Keller, and David Hartwick all the success in the world as they move into new chapters of their lives. I am excited and humbled to have been given the task of leading the NHCA's board for the next term. As we continue to navigate these challenging times, I urge you to consider volunteering for our community association. Our organization relies on the help and support of our residents to continue providing the services and resources that make our community thrive.

Some key goals for the next year include restructuring our organisation, evaluating the types of programs and services we offer, and continuing our advocacy on behalf of community residents. To do this, we need board members now more than ever! This is the perfect opportunity to step up and make a real difference in our community and in the lives of fellow residents. If you are someone who loves the Northern Hills and has a couple hours a week to dedicate to us, we want to <a href="hear from you">hear from you</a>!

Our most needed Board positions are:

Secretary
Panorama Hills Representative
Newsletter Editor
Sports Director
Events Director
Fundraising Director

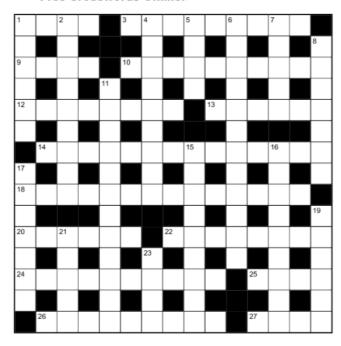
Our current volunteer and board needs are laid out in more detail on our website <u>here</u>, or you can support us by becoming a <u>member</u>.

Thank you for your continued support and dedication to our community. I wish you all a great month of June!

Amanda Mauch

President
Northern Hills Community Association

### Free Crosswords Online!



### ACROSS

- 1 Adorn the platform (4)
- 3 Diana's touring severe regions (9)
- 9 Kelvin abandons fortunate girl (4)
- 10 Best end of lamb with inedible coating (10)
- 12 Non-professionals in area must struggle (8)
- 13 Alternatively, agreement could be a nightmare
- 14 Cobra contorts flexibly around one different snake (3-11)
- 18 How a British comedy drama is presented? (14)
- 20 Without hesitation train for duty (6)
- 22 Prosperous, with source of oil on the agenda (4-2-2)
- 24 Egalitarian comic rated badly (10)
- Collection of myths is somewhat dated, darling
- California is not so perfect! (9)
- 27 Cart needs ro reverse three feet (4)

### www.alberichcrosswords.com

### DOWN

- 1 Daughter is on a roll, changing currency (6)
- 2 Dead chuffed to give bird a ring (4-1-4)
- 4 Not knowing or caring, one messed up (9)
- 5 Supports for flower (4)
- 6 I'm in eternal bother, chiefly put another way it's endless (12)
- 7 Submit story about bishop (5)
- 8 Cleared off to make a statement (7)
- 11 Artistic style, one wrongly associated with Mozart's type of music (12)
- 15 Attempts to go round posh French island, a feature of Paris (9)
- 16 Unreasonable request by Watutsi monks? (4,5)
- 17 A tiresome chore, removing Ned's cigarette butts (3,4)
- 19 Italian meets unknown gypsy (6)
- 21 Butterfly makes mark on the page (5)
- 23 Listen to man in armour (4)

Design and digital publishing credit to:

### The UPS Store 264

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store264@theupsstpre.ca theupsstore.ca/264

### The UPS Store Ups



**Print and Business Services** 

### In This Issue

Volunteer Opportunities	9
Neddie1	2
Article Winner	
Elected Reps2	
Photography Winner2	

and so much more!



### **NHCA CONTACTS**

#### **OFFICE**

NHCA at Vivo 11950 Country Village Link NE Calgary, AB, T3K 6E3 Tel/Fax: 403-226-6422

E: info@nhca.ca

#### **Public Hours**

In-Person Hours at the Office: By appointment only please email info@nhca.ca

Closed on weekends and statutory holidays.

### **STAFF**

Executive Director: Melissa Gagyi
Bookkeeper: Surina Gupta

**Newsletter Editor: Heather Hubert** 

Ad Sales: Heather Hubert

#### **VOLUNTEERS**

The NHCA is a self-funding, non-profit organization. All our board members and committee members are volunteers.

### **BOARD MEMBERS**

President: Amanda Mauch
1st Vice President: TBD
2nd Vice President: TBD

Secretary: TBD

Treasurer: Cindy Partin

**DIRECTORS**: Scott Daye, Victoria Henry

#### **COMMITTEES**

Gardens: Amanda Mauch

Building Safer Communities (Blockwatch): Tavis Settles

Community Relations: TBD

Government Relations / Advocacy: TBD

**Grants: Amanda Mauch** 

Harvest Hills Hub: Andrea Rudoski & Victoria Henry

Planning & Development: <u>TBD</u>
Seniors Program: <u>Jay L Emond</u>
Volunteer Relations: <u>Amanda Mauch</u>



### **EDITOR'S NOTE:**

All articles submitted by the general public are the author's opinion and not necessarily reflective of the opinion of NHCA.















NEIGHBOUR Day

SENIOR SUCCESS SHOWCASE & PLACE MATTERS

**SATURDAY, JUNE 17** 

11:00AM - 3:00PM

@VIVO

(11950 COUNTRY VILLAGE LINK NE)

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### Contact Us

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Keep checking Ilvforfitnessandwellness.ca for opening specials.



### The Lucky Farmer

By.Prabhmeet Singh Jhinjar

f There once was a farmer who lived in a remote area, far from any village.

Rarely did anybody come to his farm because it was so far away, making the farmer poor. Still, the farmer was happy and did not complain. He considered himself lucky to have an easy and relatively pleasant life. That was until the day a kind young man arrived at the farm. He looked around and decided to give the farmer some advice.

"Since you live so far, people do not arrive at your farm. You should give them an offer they cannot refuse, like inviting them for one whole day at the farm." After he said that, he left the farmer wondering. The next day, the farmer got to work, riding on his tractor and putting signs in the neighbouring villages. By evening, everybody got news about the day at the farm.

At the brink of dawn, people all drove to the farm, paid the entrance ticket, and enjoyed their days, learning how to be a farmer and tasting food!

At night, the farmer counted all his earnings and realized; all that loot could expand his farm by acres and even get him machines! When he was done with the farm, it looked like the best one in the country! He had a grain elevator, many animals, and fields with wheat, barley, rice, and corn. The farmer even bought the latest farming vehicles, and the farmer's house had turned from a cozy hut to a big house.

The farmer grew greedy and hosted more events. Though the money piled up at his feet, his head filled with negativity and stress. He realized that he had overdone what he was supposed to do. The farmer stopped the events and used the remainder of the loot for better things, like donating and buying things he needed, not wanted. Luckily for the farmer, the offers made the farm more known, and many people bought food from there. He got money, in a limit, and carried on with a simple life. The farmer didn't need money, knowing that money is like sugar and that if you have it in a limit, it is fine, but if there is too much of it in your body, it does more harm than good.



### **NHCA Volunteer Opportunities**

### **CURRENT VOLUNTEER OPPORTUNITIES**

#### CASUAL Volunteers



- ✓ See fun stuff happening & want to help out?
- ✓ Have a few hours now & then available?
- ✓ Like helping to ensure an event or program happens successfully? Bring your time and skills to help run events & programs within the community.

#### **OPPORTUNITIES:**

- Good Food Box Driver
- NHCA Ambassador
- Newsletter Contributor
- Neighbour Day

### P.E.P. (Programs, Events, and Programs)



- √ Have time available on a regular basis?
- ✓ See an existing or potential project, event, or program that you'd like to work with the NHCA to deliver?

Bring your ideas and organizational skills to ensure projects, events and programs are successful as member of an organizing committee.

### **OPPORTUNITIES:**

- Community Representatives
- Social Media Creator
- Membership Outreach & Recruitment
- Newsletter Committee (many different roles!)
- Volunteer Outreach & Recruitment

### LEADERSHIP



- √ Have a passion for community involvement?
- ✓ See yourself as a community leader?

Bring your passion and ideas to shape the direction of the

NHCA on the Board of Directors and chair a committee you are enthusiastic about.

### **OPPORTUNITIES:**

- Secretary
- Community Representative
- Planning & Development
- Newsletter
- Volunteer & Member Relations
- Sports

Sign-up for any above opportunities here:

https://nhca.ca/volunteer/

To learn more about the roles and commitments: Call/Text 403-226-6422 or Email <a href="mailto:info@nhca.ca">info@nhca.ca</a>.



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> Wednesday: 8:00 am to 4:00 pm Thursday: 8:00 am to 8:00 pm Friday: 8:00 am to 4:00 pm

Saturday\*\*: 8:00 am to 4:00 pm

Sundays: Closed (\*\* = Alternating)

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### **NHCA Community Gardens**

### Gardeners Corner

Thank you to everyone who registered for a garden bed this season! Registration is now closed, so if you missed your chance, we will be opening it up for the next season in March 2024.



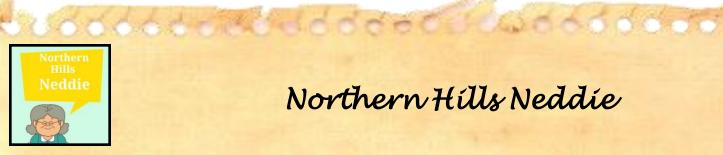
Now we have the fun of planting, and watching our flowers and veggies grow into beautiful healthy plants. If you usually just plant a garden for edibles, consider making flowers a part of your garden plan this season! Early flowers in the garden are important for feeding pollinators. This includes dandelions! While they may not be as good as native plant blooms, they are a food source for bumble bees until more plants bloom. When planning for pollinators, be sure to put out a

water source too. A water dish with stone, so bees and butterflies can bask and sip, will enhance your pollinator garden.

Now that we're into June, we don't typically have to worry about frosts at night. It is the perfect time to direct sow almost any seed, or to put out your seedlings for tender plants like zucchini, tomatoes and cucumbers. Be sure to put a net over any brassicas – the cabbage moths are coming!

If you have any questions or suggestions, please contact our Gardens Director Amanda at gardens@nhca.ca





### Northern Hills Neddie

### Dear Neddie,

I have a friend who I will call "Bob". Bob's wife recently got a new pet cat named Fluffy. At first Bob thought okay the cat is new so maybe that is why Lucy is spending all her time now with Fluffy. In the evening Bob and Lucy used to enjoy watching British Crime dramas together, but now Lucy says that scares Fluffy too much so instead she set us a new TV in the sunroom with a recliner and just sits and watches talk shows with Fluffy every night.

Lucy also set up a spare bedroom. She says Fluffy needs her own bedroom because she is scared of the dark being a rescue shelter cat and all so this way, she has her own bed with the light on at night.

Lucy barely spends time with Bob anymore as she says Fluffy needs her and it's a big adjustment for her. It has been 6 months! Neddie-do you think this is normal and what should Bob do? He doesn't want to leave his wife as they have been married for over 20 years.

Sincerely,

**Crossed About The New Cat** 

Dear Crossed About The New Cat,

Honestly, I think you need to step back from this situation. There sounds like there is more going on in this marriage than a new cat. All you can do is support your friend Bob and be there for him, but maybe you don't know all sides to the story and why Fluffy has seemingly been replacing Bob. Spend time with Bob and try not to judge. We never know what might be going on in the marriage or in Lucy's life. Sorry I can't be more help for this one!!

Neddie Out!



### **News from Calgary Public Library**

### **Celebrate Summer at Calgary Public Library!**

Register for the Ultimate Summer Challenge, starting June 1. Everyone — kids, teens, and adults — can track their reading, join free Library activities and programs, and win cool prizes, all summer long.

Find out more at calgarylibrary.ca/summer

### June is National Indigenous History Month

Celebrate National Indigenous History Month with events throughout the month at Calgary Public Library, including daily family storytimes, Métis jigging, Inuit carving, a frybread cooking class, and more.

See all programming at calgarylibrary.ca/Indigenous

### Meet the 2023 Influencer in Residence

Chanry Thach or @thehungrygnome\_ is the Library's first Influencer in Residence. Chanry is a digital marketing specialist, food blogger, and founder of the marketing agency Ask For Chan. This is an incredible opportunity for anyone, including small businesses and solopreneurs, to learn about digital marketing in free programs and one-on-one consultations. Learn more at calgarylibrary.ca/influencer

### Feel confident applying for jobs with Cypress Resume

Do you need to create a resumé but you're not sure where to start? Create a professional resumé in three simple steps using this free digital resource.

Get started at calgarylibrary.ca/cypress-resumes

### 1/2 Day Summer Camps

- Traditional Drawing for ages 5 & up, plus teen-specific camps
- Watercolour Painting
- Sculpting
- Meet the Masters (Art History + Mixed Media)
- Art Journaling
- Adult Summer Series (3 evenings/week)

## Weekly Classes Child, Youth & Adult

- Mini Masters (5 & 6 y.o)
- Drawing Fundamentals 1, 2, 3
- Sculpting Hands
- Acrylic Painting
- Watercolor Painting
- Drawing from Life



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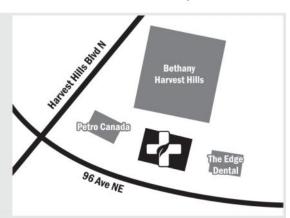
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### **Harvest Hills Alliance Church**

www.hhachurch.com



10099 Harvest Hills Blvd NW

403-226-0990

office@hhachurch.com



### **SUNDAY SERVICES**

9:15 &11:00 am

9:15 am Live YouTube & Facebook
9:15 am Harvest Kids Nursery- Grade 4
11:00 am Harvest Kids Nursery - Grade 4
Club (Grade) 5-6 in Youth Room
9:00 am Youth Breakfast Study Group
(First Sunday of the Month)
10:30-11:00 am Youth Hang Out
11:00 am E.S.L

7:00 pm Young Adults

### **Weekly Ministries for June**

### Wednesdays

Youth Life Groups 6:30 - 8:30 pm

### **Thursdays**

Every 1,2 & 4 Thursdays Quilters Plus 9:00 am -3:00 pm - Bring your lunch Every 3rd Thursday Young at Heart 65 + Potluck lunch 12:00 - 2:00 pm

### **Saturdays**

Men's Bible Study 8:00 -10:00 am

### \*\*Come Join Us\*\*

VBS Registration come dive into God's Word with us!

NOW OPEN!

### DEEP SEA

July 17-21, 2023

\$50.00 per child

Register by clicking on this picture in our online Bulletin or the events page on our website

### **Good Food Box**

NHCA and Vivo is one of the volunteer run depo's for The Good Food Box program. GFB is a monthly program under The Community kitchen of Calgary. Volunteers of CK assemble 3 size options of affordable fruits and vegetable available to all Calgarians to purchase monthly at an incredible low price.

Small box approx. 20lbs of seasonal fruit/vegetable \$25.00 Med box approx. 30lbs of seasonal fruit/vegetables \$30.00 Large box approx.40lbs of seasonal fruit/vegetables \$35.00

To keep this program in our community at Vivo depo, we are in need of admin support. If you are able to help support this program please contact NHCA









- CLASSES & OPEN GYM
- PD DAY CAMPS

- **BIRTHDAY & TEAM PARTIES**
- **SPRING & SUMMER CAMPS MOBILE OBSTACLE COURSE** 
  - **SCHOOL FIELD TRIPS**

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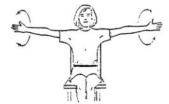
### Golden Move: Top Five Light and Easy Exercises

### By MPC Foundation

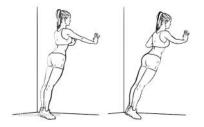
Do you ever feel like you're pulling a muscle or getting cramps the moment you do something physical? That might be a sign to get your body moving so those muscles don't go stiff. Exercises may seem like a daunting task but it doesn't have to be!

According to *MedlinePlus.gov*, exercises not only help to strengthen those bones and muscles, but it can also help improve your mood and sleep cycles.

Here are top five easy exercises you can do in the morning. You can even play your favorite song and move to the beat!



- 1) Seated Arm Circles: Sit in a chair with your feet flat on the ground and your arms placed at your sides. Slowly lift your arms out to the sides, and make a circular motion. Repeat for 10-15 times. Reverse the direction of the circles and repeat.
- **2) Wall Push-Ups:** Stand facing a wall with your feet shoulder-width apart. Place your hands on the wall at chest height and lean in, then push back. Repeat for 10-15 times.





- **3) Toe Taps:** Sit in a chair with your feet flat on the ground. Make a tip toe motion and tap your toes on the ground, then switch to your heel. Repeat for 10-15 times.
- **4)** Leg Raises: Sit in a chair with your feet flat on the ground. Lift one leg straight out in front of you, then lower it back down. Repeat on the other leg for 10-15 times.











**5) Shoulder Rolls**: Sit in a chair with your arms at your sides. Roll your shoulders forward and up, then back and down. Repeat for 10-15 times.

Once you get into the habit of exercising every day, it'll surely get easy. Your body will also thank you for it! Tell us what type of exercise make you feel rejuvenated. More importantly, what are your strategies to keep motivated to do it every day. We'd love to hear from you.

There is certainly no shortage of exercise classes in this City. Whether it is online or in-person, find something that suits your fitness level and progress from there. Better yet, find a buddy to do this with. That way you can motivate each other and make fitness a part of your everyday routine. *MPC* is a registered charity.

### Harvest Hills Hub

THANK YOU to all the Harvest Hills residents that signed up for our Annual Harvest Hills Parade of Garage Sales and made this year's sale our biggest yet! We had a blast scouring the sales around the neighbourhood and meeting neighbours down at the Harvest Hills Hub Greenspace. Special thanks to Sam Fard and Errol Biebrick from Remax Real Estate - Mountainview for sponsoring our event and supplying goodies to our sellers and neighbours!!

samfard@remax.net

We have many more events planned this summer including:

- Our Annual Plant Exchange. June 10<sup>th</sup> @ 1:30pm. Harvest Hills Community Hub (greenspace at 178 Harvest Glen Way).
- Our 2<sup>nd</sup> Annual SummerFest Party in the Park. Saturday, July 15 @ 12-4pm. Harvest Hills Community Garden (greenspace at 520 Harvest Lake Drive).
- Our Annual Maker's Market (with a Movie in the Park this year!) Saturday, August 12. Market @ 5-9pm. Movie at 9pm. Harvest Hills Community Garden (greenspace at 520 Harvest Lake Drive).
- Our Annual Book Swap and Kids' Makers' Market. Saturday, September 9<sup>th</sup> @ 12-4pm. Harvest Hills Community Hub (greenspace at 178 Harvest Glen Way).

All events are free to all public to attend! Parking is limited so please bike, walk or scoot over if you can and join us!

Please watch for more event details at: <a href="https://www.facebook.com/HarvestHillsHub">www.facebook.com/HarvestHillsHub</a> www.nhca.ca/hhhub/

Let's have some Fun in the Sun! See you at the Hub this summer!

Thank you to our Community Sponsors!









### **CALLING ALL LOCAL WRITERS!**

### SEND IN YOUR ARTICLE AND WIN A \$25 GIFT CARD TO STAMPEDE CAR WASH!



Email your article to editor@nhca.ca

### Alberta Wildfires

By Maya April Houry, Grade 6 student, preparing for the Language Arts Provincial Achievement Tests.

This spring in Northern Alberta, wildfires are an apparent event. This is due to the extreme high temperatures and the dry climate that Alberta carries.

Wildfires are caused mainly by human activities or natural consequences like thunder and lightning, mostly occurring in more natural areas like the prairies, valley lands, grasslands, and forests. Most wildfires happen because of drought and low humidity, along with that comes the aftermath of poor air quality from the smoke and carbon dioxide in the air.

Some of the greatest impacts of wildfires lie upon younger children and elders who have higher chances of becoming ill and developing health issues from smoke and ash. The smoke and ash from a wildfire can also cause diseases like heart disease and other lung diseases. Some other symptoms and sicknesses from smoke could be sour throats, burns, coughs, asthma, heart failure, wheezing and lung irritation.

In places like Calgary, Alberta, air pollution and smoke are resulting in very high-risk air quality as most of the winds and smoke are coming from Northern Alberta.

Wildfires also have major impacts on wildlife and species in Alberta. Many animals suffer habitat loss during fires and end up with nowhere to live and nowhere to hunt for food. Most animals also develop major injuries from the extreme heat like severe burns and sometimes

even death.

This morning in Calgary, the sky had a yellowish orange shade, and the sun was bright red. If you ever see a wildfire close by, evacuate yourself. During times like this avoid camping, avoid campfires, conserve water and energy and be welcoming of people who have evacuated.



Today's smoky orange skies over Coventry Hills due to the wildfires.



### JUNE WINNER!

Honey-Baked Coconut Shrimp Winner: Felicity Meng

### **Ingredients**

½ cup honey

1½ cups panko (Japanese breadcrumbs)

1 cup flaked sweetened coconut

½ tsp ground cumin

½ tsp kosher salt

¼ tsp freshly ground black pepper

26 large raw shrimp, peeled and de-veined

**Dipping Sauce** 

2/3 cup apricot jam

3 tbsp Heinz chili sauce

2 tsp Dijon Mustard

### **Directions**

Preheat oven to 425°F. Line a large baking sheet with aluminum foil and coat with non-stick cooking spray.

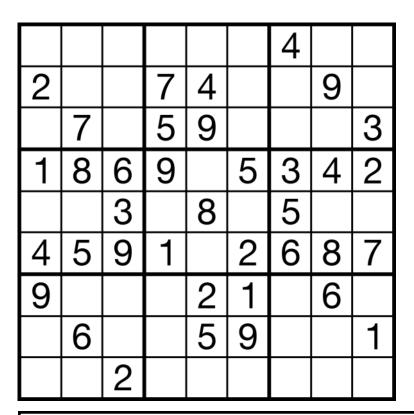
For the shrimp, pour honey in a medium bowl and warm on high in the microwave, 20-25 seconds.

On a large plate, combine panko, coconut, cumin, salt and pepper.

Taking shrimp one at a time, dip in honey and then coat in coconut mixture. Place on prepared baking sheet and bake 14 minutes, gently flipping shrimp halfway through baking.

For the sauce, place jam in a medium bowl. Warm in the microwave for 45 seconds. Add chili sauce and Dijon mustard, stirring to combine. Serve with baked coconut shrimp and mustard

### Sudoku







### Ba

### Backyard Play Safety



Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure that their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

#### Water hazards

- Drowning contributes to unintentional injury-related death among young children;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres(\*) high and have a self-latching, self-closing, lockable gate.

  ("Alberta Building Cod.")

  ("Alberta Building Cod.")

#### Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

#### Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors;
- If your child has received an 'EpiPen Junior' prescription from your physician (for anaphylactic reactions) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

www.albertahealthservices.ca

### **CLASSIFIED ADS**

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Northern Hills News June · 2023 Page 22

### **Waste and Recycling**

### Hello there!

Can you feel the summer vibes yet? With the season of camping and barbecues nearly upon us, we need to be mindful of the amount of hazardous waste these activities can generate. The information below will guide your residents on how to dispose of such waste safely and responsibly.

We encourage you to share this content through your preferred channels of communication with your residents, be it social media, newsletters, or even good old-fashioned pigeon mail.

Best,

Safely dispose of pressurized tanks and canisters

Going camping, hiking or hosting a barbecue this summer? Make sure you safely dispose of pressurized tanks, canisters and aerosols (empty or full), including:

- \* Bear spray canisters
- Small camping propane tanks
- \* Butane canisters
- Standard barbecue tanks
- \* Helium tanks

Take these items to a household hazardous waste drop-off at designated fire stations or City landfills for safe disposal. Do not put these items in your blue, black or green carts.

When put in a cart these items become a safety hazard for your collector and the staff at waste management facilities. Items can also damage collection trucks and sorting equipment.

Visit calgary.ca/hhw < <a href="https://www.calgary.ca/UEP/WRS/Pages/Garbage-collection-information/Residential-services/">https://www.calgary.ca/UEP/WRS/Pages/Garbage-collection-information/Residential-services/</a> <a href="https://www.calgary.ca/UEP/WRS/Pages/">https://www.calgary.ca/UEP/WRS/Pages/</a> <a href="https://www.calgary.ca/UEP/WRS/Pages/">https://www.ca/UEP/WRS/Pages/</a> <a href="https://www.ca/UEP/WRS/Pages/">https://www.ca/UEP/WRS/Pages/</a> <a href="https://www.ca/UEP/WRS



### **Your Government Representatives**



## Jasmine Mian Ward 3 Councillor

Summer is here! Watch your mailbox this month of my annual Councillor Newsletter for updates on everything related to Ward 3.

Here are some topics and questions we've received from residents this past month. For more information or to contact my office directly, visit jasminemian.com.

### Q: What do I do if I see water pooling in my neighbourhood?

**A:** During the heavy spring rainfalls, storm drains can take extra time to drain. If the water hasn't drained in around 90 minutes and pooling begins, take a picture and submit to 311 via the app or online tool. The pictures help the City prioritize urgent requests. (Reminder to keep your eavestroughs clear and keep an eye on your storm drain!)

### Q: When will fluoride be back in the water supply?

**A:** As part of the 2021 General Election, 62% of electors voted in favour of reintroducing fluoridation of the municipal water supply. In November 2021, Council directed Administration to begin the process. Bids for construction went to market in March 2023, and it is expected we will finalize a partner this month. Based on the current projection of timelines, the fluoridation system should likely be in service June 2024.

### **Stampede Reminder**

With July just around the corner, Stampede events are being planned across the ward. I'll be at ROYOP's Coventry Hills Stampede Caravan Breakfast on *Tuesday*, *July 11*<sup>th</sup> and I'd love to see you there!

Ward 3 Councillor Contact Form

Jasmine Mian

Ward 3 Councillor

### **Answer**

### SOLUTION

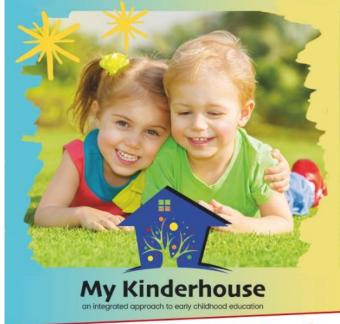


#### DOWN

1 dollar. 2 cock-a-hoop. 4 ignorance. 5 tees. 6 interminable. 7 table. 8 declare. 11 neoclassical. 15 Tuileries. 16 tall order. 17 fag-ends. 19 Romany. 21 comma. 23 mail.

#### ACROSS

1 deck. 3 districts. 9 Lucy. 10 unbeatable. 12 amateurs. 13 ordeal. 14 boa-constrictor. 18 alphabetically. 20 excise. 22 well-to-do. 24 democratic. 25 Edda. 26 faultless. 27 dray.



### **JOIN US this summer!**

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### Sudoku

5	9	8	2	1	3		7	6
2	თ	1	7	4	6	8	9	5
6	7	4	5	တ	8	т	2	3
1	8	6	9	7	5	3	4	2
7	2	3	6	8	4	5	1	9
4	5	9	т	3	2	6	8	7
9	4	5	3	2	1	7	6	8
8	6	7	4	5	9	2	3	1
3	1	2	8	6	7	9	5	4





# CIUb.



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LONGER PLAYING SEASON AND SIMULATORS IN THE OFF SEASON



### **425 PRINCIPALS PER COURSE**

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### COMFORTABLE, UPSCALE SOCIAL EXPERIENCES

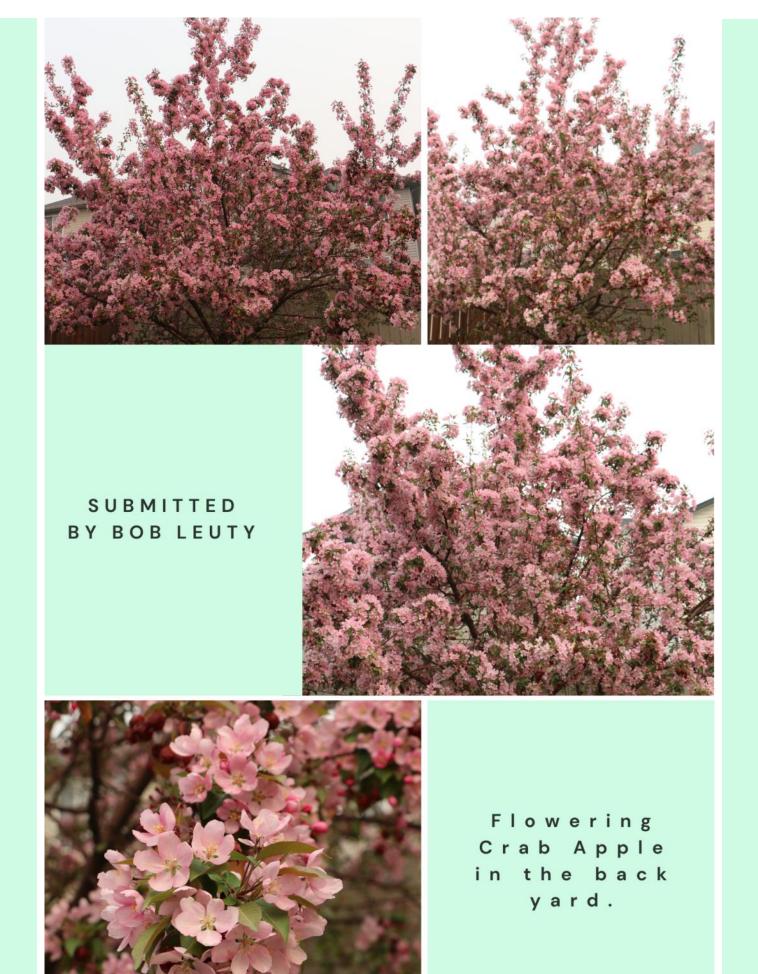
LEAGUES • TOURNAMENTS • DINING

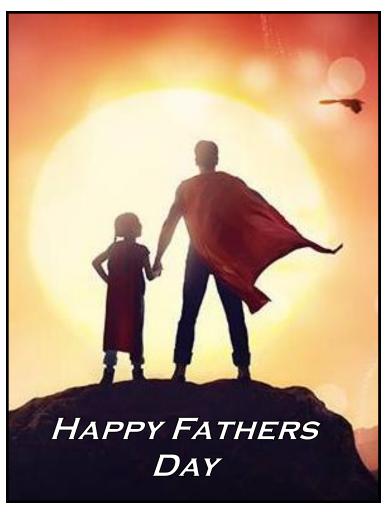
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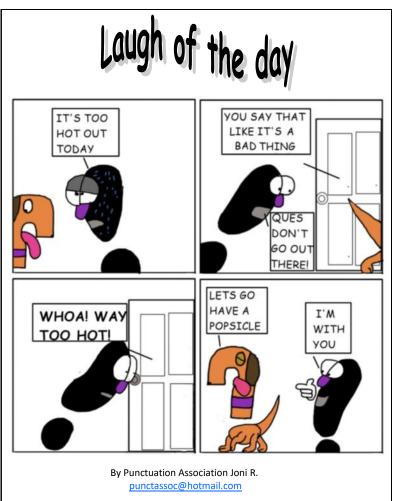








- 1) June was most likely named for the goddess Juno, the patroness of marriage and childbirth. This month brings beauty in all forms, from flowers to sunlight.
- 2) June 18 is Father's Day this year.
- 3) June's birth flowers are the rose and the honeysuckle.





### **CALLING ALL LOCAL PHOTOGRAPHERS!**



Please send in your photos and win a Cobs's Bread 6 pack! Please email in to editor@nhca.ca



This month's winner:



**Submitted by Amanda Gushue**